EDMONTON



U of A approves raising tuition

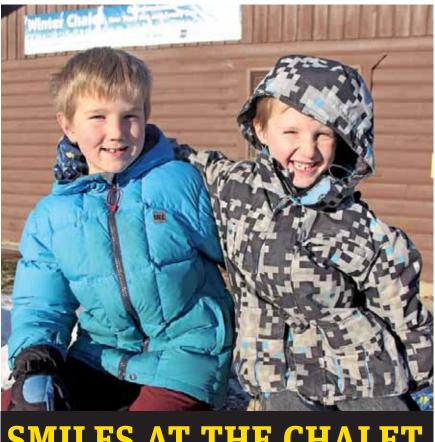
Union president says students not surprised by 2.2 per cent increase, but remain disappointed in school and government actions

Rookie NDP MPs stepping up again

All but two of the young MPs elected in the 'Orange Crush' sweep of 2011 will run again in



METRO SHARES TIPS ON HOW TO WORK THE ROOM AT THE YEAR'S BIGGEST NETWORKING OPPORTUNITY PAGE 24



Brothers Luka and Nathan Holdsworth take a break from building a snowman at the new winter chalet in Edmonton's River Valley. The new winter facility opened Sunday and offers users a place to warm up in the chilly months. Story, page 6. LEAH HOLOIDAY/METRO

More foreign workers die in highway crash

Newlyweds killed.

Filipino community members say pair were married two months before fatal accident



LEAH HOLOIDAY

Two victims involved in a fatal highway crash Saturday were newly married, said members of the Filipino community.

Three people were killed in the collision on Highway 11 and Range Road 4-2 on Saturday after a Ford Mustang hit the ditch and then overcompensated, colliding with a moving truck driving in the next lane.

Two male passengers and one female passenger were declared dead on scene, while the male driver was transported to the University of Alberta Hospital and remains in critical condition.

RCMP has confirmed the victims of the crash were

"I was so shocked and all of the Filipinos are shocked also. It happened again after two weeks."

Lyla Gray, a longtime member of the city's Filipino community, who says she often warns rs from the Philippines not to drive in the winter due to dangerous conditions

temporary foreign workers returning to Rocky Mountain House after language training in Red Deer. RCMP said they believe that driver inexperience could have been a factor in the crash.

According to longtime member of the Edmonton Filipino community Lyla Gray, two of the crash victims had worked at Dairy Queen and were married just two months ago, with the groom only arriving in Canada before the wedding.

"I was so shocked and all of the Filipinos are shocked also. It happened again after two weeks," said Gray.

Last month, four people were killed while driving on Highway 21 near Leduc. All four victims had also been temporary foreign workers from the Philippines.

"(We're) sad because I don't know why it's happening in Alberta," Gray said, adding that there needs to be more education for newcomers to Canada about winter driving.

"In the Philippines where we come from, there's no snow, so it's very hard to adjust when (we) come here," she said.

Gray said she often warns newcomers not to drive in the winter because of dangerous road conditions.

In 2012, four foreign workers from the Philippines were killed in a highway crash, while a fifth Filipino worker in the car survived.

At the time of the crash, all of the victims had been sending their earnings home to relatives still living in the Philippines.



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Library had three choices for proposed Milner facelift

Renewal. Finalists 'all looked unique'



TUMILTY

The library is hoping its dramatic renovation of the Stanley Milner branch will turn a page on the 50-year building, but there were other ways the story could have gone.

Edmonton's central library got approval from council for its \$61.5-million facelift last week and will now start to work on detailed design and fundraising.

But in addition to the winning design, there were two other options the library considered. The first runner-up would have seen the building covered in copper-tinted glass, while the other option would introduced dramatic curves into the boxy structure.

Library CEO Linda Cook said she liked all of the options the architect provided.

"They all looked unique and iconic and they all looked like they belonged on the main square of our downtown," she

Cook said the version with deep curves was eliminated fairly early on, because it would terior space.

She said she initially loved the copper-tinted glass version, but ultimately the winning design offered more sunlight and just seemed like the better fit.

"It was just a little more modern-looking and it will stand the test of time," she said.

Local firm Arndt Tkalcic Bengert is working with Toronto firm Teeple Architects on the project.

Brian Bengert said working on such an important building in their hometown is a really significant opportunity.

"It's extremely exciting from our perspective. It's one of the last pieces of Churchill Square that needs a facelift and updating," he said.

Bengert said the library chose the one he hoped they would. "It's definitely the most dramatic and has a lot of the character of the adjacent and surrounding buildings built into it, but in a very subtle way,'

Cook said they expected the detailed design on the project to take about 13 months and they're optimistic the building will come in as budgeted, but she doesn't have a crystal ball.

"There is a lot of work and usually when that happens the price does go up," she said.





Library project

- The library was first built as a centennial project in 1967 and hasn't seen any significant upgrades since then.
- In addition to the exterior upgrades, \$13 million of the budget is being directed to
- critical upgrades like the building's boiler.
- The library is expecting to remain open during the construction, which will begin in 2016 and end in





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University of Alberta approves 2.2% tuition increase for 2015

Extra \$116.40 per term.

Hike was expected, but students say they are still disappointed



Students at the University of Alberta can expect a hike to their tuition next year, after the institution's board of governors approved a 2.2 per cent increase last week.

U of A's Vice President of Finance and Administration Phyllis Clark brought the tuition hike proposal forward at the Thursday meeting, which falls inline with what the province has designated as an allowable tuition increase.

For students studying in the Faculty of Arts and Sciences, it will cost an extra \$116.40 per term to study at the U of A, rounding out their overall tuition at \$5,437.20.

U of A Student Union president William Lau said

Quoted

"Students are extremely disappointed in the university and government's approach to tuition and fees."

William Lau, Student Union president

students were expecting the university to maximize the tuition increase since the "the institution (is) scrambling for every last dollar since the 2013 cuts."

"Are we prepared to take on a 2.2 per cent increase? No — because there is no way that our resources and ability to pay — wages, loans, grants, scholarships — will keep up," he added.

Lau noted international students, who'll now be paying an extra \$430.80 per term, are going to be hit the hardest by the increase since their cost of education is three times that of a domestic student.

"International students are still persistent with their ask for predictable costs so that



they could budget appropriately," he said. "The ministry is aware of this issue and has agreed that predictability should be a fundamental value behind a tuition and

fees structure."

Lau said students continue to be disappointed with the treatment of fees and tuition by both the university and the government. "With cuts to classes and laid off professors, we're concerned that students are paying more and more for less and less," he said. "However, we do understand that inadequate provincial funding is pressuring the institution."

The tuition increases will also impact program differentials, course differentials and market modifiers

U of L set to close Edmonton campus, enrolment drop cited

The doors for the University of Lethbridge's Edmonton campus will be closed in the coming future after the institution's governing board voted in favour of shutting down the campus last week.

Students were notified via email Friday that the city campus, which offers management courses, would be closing. While the exact date hasn't been announced, students admitted in January 2015 would be the final group enrolled at the Edmonton campus.

According to U of L student union president Sean Glydon, the decision was made Thursday at a closed-session board of governors meeting.

While the announcement is still new, Glydon said the

university is committed to ensuring all current students can finish their program.

"There have been contingencies made to allow students to finish their programs if they're enrolled there," he said.

"From our perspective, that's something that's very important. They're not just closing the campus tomorrow and telling the students that they'll have to get their credentials somewhere else."

According to an email obtained by Metro, students will be meeting with campus advisers for further information on how they will be affected.

"That meeting will outline processes, timelines and degree completion options for you, sharing any information

Quoted

"I think it was a financial decision."

Sean Glydon, U of L student union president.

that is available," the letter states.

Glydon said he's aware that the campus had experi-

enced a decline in enrolment rates, noting since he started at U of L four years ago, capacity dropped from around 300 students to closer to 140 currently.

"The Calgary campus has been increasing in numbers and the Edmonton campus has been somewhat dwindling," he said.

LEAH HOLOIDAY/METRO



Man pleads guilty to animal cruelty

An Alberta man has pleaded guilty to using Kijiji to find pets, and then methodically abuse and dump their bodies in an alley with their mouths taped shut.

Nicolino Camardi, 19, who has been in custody since he was arrested in May, was facing two charges of wilfully causing unnecessary pain, suffering or injury to an animal.

The Calgary Humane Society began investigating Jan. 9 when a starved dog was found dead with tape around its muzzle. A dead cat was found

in the same area a week later with green painter's tape covering most of its face.

An examination at a veterinarian's office determined the dog suffered chronic malnourishment before its death. The cat had been strangled and had injuries to its head, tail and hind limbs.

Crown prosecutor Gord Haight read an agreed statement of facts into the court record saying the animals were a two-year-old husky named Shadow and a six month-old domestic short-haired kitten named One Tooth. Both were



severely malnourished.

THE CANADIAN PRESS



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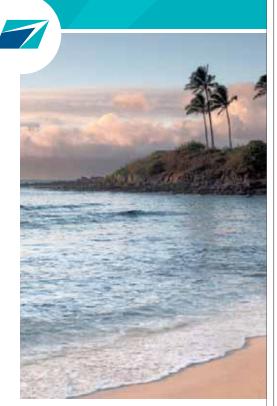


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\$9.9 million richer. Edmonton man wins big

An Edmonton man is Alberta's newest millionaire, having won \$9.9 million on the Dec. 3 Lotto 6-49 draw.

Derek Hulley says he was on his way to do some Christmas shopping when he decided to check a \$19 Quick Pick ticket at a south-side convenience store.

He says at first he thought he'd won \$900,000 but he went to the counter to double-check and the clerk told him it was the big win. THE CANADIAN PRESS



CFB Edmonton. Soldier faces sex assault charge

Military police say they have charged a soldier based in Alberta with sexual assault causing bodily harm.

Master Cpl. Raphael Beaudry, who is 31, is a member of 3rd Canadian Division Support Group at Canadian Forces Base Edmonton.

The Canadian Forces National Investigation Service says the Armed Forces do not tolerate sexual misconduct by any members.

It says all allegations of

Investigation unit

The Canadian Forces National Investigation Service looks into serious and sensitive matters in relation to Department of National Defence property, employees and Canadian Armed Forces personnel.

sexual misconduct are investigated. THE CANADIAN PRESS

New way to keep warm at River Valley chalet

Winter shelter. EPCOR sponsors facility in Victoria Golf Course



LEAH HOLOIDAY leah.holoiday@metronews.ca

Cold fingers and frigid conditions won't be enough to stop Edmontonians from enjoying the River Valley this winter thanks to a new seasonal chalet

Stocked with hot chocolate, the winter chalet at Victoria Golf Course offers cross-country skiers, runners and winter enthusiasts a place to warm their toes and take a break from the brisk weather.

Sponsored by EPCOR, the idea for the winter facility was inspired from real-life experience, said company president and CEO David Stevens.

As an avid cross-country skier in the area, Stevens said he often wondered why there wasn't a place to take a break



Father-daughter duo Jeff and Nicole Bertram take a break from cross-country skiing Sunday at the winter chalet in Victoria Gold Course. The facility was opened Dec. 14 to River Valley users. LEAH HOLOIDAY/METRO

and warm up.

"That was the start of it,"

"My vision, my hope is that we'll do more of this sort of thing up and down the River Valley. I still consider this the crown jewel of Edmonton," he said. "Hopefully we're able to use it more."

Alan Ball, who's been cross-country skiing for 34

\$20K

At a cost of \$20,000, the winter chalet will be open on the weekends until March 15 and is run out of the former cricket club facilities.

years, said the new chalet is long overdue for the area.

"This is pretty balmy compared to a normal winter day," Ball said Sunday. "It's (usually) ugly skiing in here because it's windy. Being able to stop off and get out of the wind and be able to warm up, it'll be wonderful."

Coun. Ben Henderson said it's time the city started making facilities like the chalet available to Edmontonians all year round.

"We're a winter city," he said. "If you can get out there and have fun and make sure people can have fun instead of shutting everything down and waiting for summer to come, people can enjoy their city a whole bunch more."

Airline touting group-buying model

A Calgary airline selling tickets using a Groupon purchasing model hopes the holidays help generate hype around the idea

Using idle aircraft from charter airlines, Jump On Flyaways allows members, called jumpers, to purchase plane tickets at reduced rates of up to 60 per cent.

However, as with a Groupon promotion, flights must reach a set number of jumpers before taking off.

Founder and CEO Roger Jewett, said the festive season is a chance to increase awareness around Jump On, as 2014 is the first year it's offering trips over the holidays.

"I'm not optimistic that these flights will go that we have for sale right now," he said. "But I think what you're catching on to is that we introduced it this year to get it on people's minds."

Calgary resident Arnold Thompson, who travelled with Jump On from Calgary to Kelowna, B.C., in October, said he was pleased with the service.

"I would recommend it highly," he said. "Their price beats the regular airlines in most cases and it's kind of a fun and exciting thing."

"You can't count on it 100 per cent ... but you go in knowing that."

MORGAN MODJESKI/FOR METRO











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Gay-straight alliances

Bishops say Bill 10 struck right balance

Alberta's leading Catholic bishops are speaking out in favour of the province's controversial Bill 10 on gaystraight alliances.

Edmonton Archbishop Richard Smith and Calgary Bishop Fred Henry both penned letters that went out to Catholic services on Sunday, saying the proposed

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bill, which the provincial government pulled from consideration, struck the right balance.

"It enshrined parental rights, recognized the autonomy of local school boards and student rights regarding diversity clubs, without mandating gay-straight alliances," wrote Henry in his letter.

Archbishop Smith said in his letter that the church wanted any anti-bullying measures to be more inclusive and factor in all the reasons someone might be bullied.

"Any legislation aimed at this objective should demonstrate to all vulnerable students that they are embraced by the province's concern," he said.

The government's Bill 10 replaced a bill from Liberal MLA Laurie Blakeman that would have mandated support for gay-straight alliances in any school where students asked for one.

Smith said schools should have a right to determine their own faith.

"Our rights as Catholic schools are engaged here. All aspects of school life must be permeated by our faith," he said.

Blakeman said that, for LGBTQ kids, other anti-bullying clubs aren't enough.

"They need to be positive they're safe," Blakeman said. "It can't be kind-of safe or maybe safe."

RYAN TUMILTY/METRO



The faithful on LGBT life

Bill 10 debate. Metro asks Muslim, Sikh and Buddhist figures to offer their thoughts

YASMIN JASWAL

edmonton@metronews.ca

As Alberta debates gaystraight alliances with Bill 10, members of various faiths across the province weighed in on their beliefs regarding homosexuality.

Junaid Jahangir is the Canada West co-ordinator for Universalist Muslims, an organization that shares the egalitarian messages of Islam and uses the slogan "Allah loves us all."

"We fully support samesex unions, we fully support gay-straight alliances and we fully support full civil rights of LGBT people," Jahangir said.

However, Jahangir pointed out, this view is not the most common among Muslims today. Although most Muslims in Western societies no longer believe in the old traditions of sentencing homosexuals to death, many are not fully supportive of LGBTQ members, either.

"The position of Muslim leaders now is hate the sin, love the sinner," Jahangir said, adding that many Muslims believe that homosexuals can be "helped" and "re-

nabilitated "

There is no direct mention of homosexuality in the Guru Granth Sahib, the holy book of Sikhism. Balpreet Singh, a member of the World Sikh Organization, spoke with Calgary Sikh youth last year about homosexuality in the religion.

"I believe that there's no room for discrimination against homosexuals ... I think it's against Sikh principles," Singh said. "But that having been said, I don't think the homosexual act, the homosexual lifestyle is compatible with Sikhi. Homosexual marriage is certainly not something that's permitted."

This view has been debated, and some people claim that Sikhism supports homosexual relationships because marriage is said to be the union of two souls, which are genderless.

According to Sensei James Martin, a member of the Calgary Buddhist Temple, Buddhism does not typically pass judgment on a person's sexu-

"Buddhism is not a belief system but accords with science that homosexuality is not a choice but a condition determined by birth," Martin

He added that, in some traditions, any form of sexual activity can be considered a distraction from the ultimate goal of becoming a Buddha and helping others.



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Many rookie MPs to run in 2015 election

'Big responsibility'.

All but two young NDP MPs have committed to running for re-election

In 2011, Mylène Freeman became a New Democrat member of Parliament almost by accident. In 2015, she intends to be elected on purpose.

Freeman, 25, is one of a half-dozen MPs who were barely in their 20s in 2011 when a surge of support for the NDP in Quebec saw them become MPs, despite never having set foot in their ridings during the campaign.

Questions swirled about whether this rookie class would last even a single sitting. Not only did they prevail, but so fall but two have committed to running for re-election in 2015.

Only 19 when he was elected, NDP MP Pierre-Luc Dusseault had the distinction of becoming the youngest person ever voted into the House of



Commons. He didn't say much for the first little while, but slowly found his voice.

"You have such big responsibility and if you want to succeed you have to work, work hard, work every day," Dusseault said.

It's not just Freeman and Dusseault going into 2015 a little wiser. All of Parliament has been forced to grow up a little.

Liberal Leader Justin Trudeau suspended MPs Massimo Pacetti and Scott Andrews from caucus last month amid explosive allegations of "serious personal misconduct" involving two of their NDP counterparts.

Though whispers of impropriety have coursed through the halls of power in Ottawa for decades, the suspension forced Parliament to confront it publicly for the first time and examine how ill-equipped it is to deal with the interpersonal realities of a modern workplace.

"This place isn't built for women," Freeman said. Ironically — and unbeknownst to her — a male colleague from another party could be seen taking note of her physique as he passed behind her while she spoke. A harassment prevention policy was implemented this past week.

Parliament also learned it was not immune from security threats. Cpl. Nathan Cirillo was shot dead Oct. 22 at the National War Memorial, moments before gunman Michael Zehaf Bibeau stormed the Centre Block, where he died in a gun battle with security. THE CANADIAN PRESS



Zzzzzzz ... Santa and baby need a nap

Ten-week-old Jaxson Schieman curls up for a nap with Santa at the Rideau Centre mall in Ottawa on Sunday.

Iqaluit

Nunavut suffering hunger pangs

The line-up for Iqaluit's soup kitchen stretches out the door, down a flight of wooden steps and onto the icy street.

Inside, Cathy Sawer stirs a large pot brimming with chicken soup, enough for 200 servings. The 65-year-old and fellow volunteers have been in the kitchen since 8 a.m., preparing a lunch that will be the only meal of the day for many of those waiting.

In the wake of a November report from the federal auditor general critiquing the government's food-subsidy program, footage emerged of Rankin Inlet residents foraging in the town dump. Even the UN has weighed in.

Nunavut MP, Environment Minister Leona Aglukkaq, insists hunger in the North has been exaggerated.

"We have some momentum on this issue," said Ed Mc-Kenna, director of Nunavut's Anti-Poverty Secretariat.

Yet, food insecurity — defined as a lack of access to healthy, affordable food — is not a new phenomenon in Nunavut. THE CANADIAN PRESS







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Hostage situation erupts in Sydney

Rush-hour incident.

Gunman takes people hostage in downtown coffee shop; flag seen with Arabic words

A gunman took an unknown number of people hostage inside a downtown Sydney, Australia, chocolate shop and cafe at the height of Monday morning rush hour, with two people inside the cafe seen holding up a flag believed to contain an Islamic declaration of faith.

Four hours after the incident first erupted inside the Lindt Chocolat Cafe, New South Wales state Police Commissioner Andrew Scipione said police had not made direct contact with the gunman, did not know his motivation and were not sure how many people were being held inside. "We have not yet confirmed

it is a terrorism-related event," Scipione said. "We're dealing with a hostage situation with an armed offender and we are dealing with it accordingly."

The cafe is located in Martin Place, a plaza in the heart of the city's financial and shopping district that is packed with holiday shoppers this time of year.

Hundreds of police flooded into the area, streets were closed and offices evacuated. The public was told to stay away from Martin Place, home to the state premier's office, the Reserve Bank of Australia, and the headquarters of two of the nation's largest banks. The state parliament house is a few blocks away.

Television footage shot through the cafe's windows showed several people with their arms in the air and hands pressed against the glass, and two people holding up what appeared to be a black flag with white Arabic writing on it.

Quoted

"We have not yet confirmed it is a terrorismrelated event."

New South Wales state Police Commissioner Andrew Scipione

Zain Ali, the head of the Islamic Studies Research Unit at the University of Auckland, said it was difficult to read the message because media images showed only the lower part of the flag. But he believed it was the Shahada, or declaration of faith.

Ali said the Shahada translates as "There is no deity of worship except God (Allah), and Muhammad is the messenger of God." It is considered the first pillar of Islam's five pillars of faith, and has been used by groups like al-Qaida and Islamic State but wasn't invented by them. Ali said.

THE ASSOCIATED PRESS



Protest moves to church pews

Senior Judge Theodore Newman, of the Historic Courthouse, wearing a "Hands Up, Don't Shoot" shirt, raises his clenched fist during a church service at the African Methodist Episcopal Church in Washington Sunday. Congregants in African-American churches across the U.S. wore black to Sunday services in a symbolic stand against police shootings of unarmed black men. MANUEL BALCE CENETA/THE ASSOCIATED PRESS

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Compromise deal on climate change reached in Lima

Climate negotiators salvaged a compromise deal in Lima early Sunday that sets the stage for a global pact in Paris next year, but rejected a rigorous review of the greenhouse gas emissions limits they plan.

More than 30 hours behind schedule, delegates from more than 190 countries agreed on what information should go into the pledges that countries submit for the expected Paris pact.

They argued all day Saturday over the wording of the decision, with developing nations worried that the text blurred the distinction between what rich and poor countries can be expected to do.

The final draft said countries have "common but differentiated responsibilities" to deal with global warming.

The momentum from last

month's joint U.S.-China deal on emissions targets faded quickly in Lima as rifts reopened over who should do what to fight global warming.

Many developing countries accuse rich nations of shirking their responsibilities to curb climate change and pay for the damage it inflicts.

The approved draft weakened language on the content of the pledges, saying they "may" instead of "shall" include quantifiable information showing how countries intend to meet their emissions targets.

The new draft mentioned only that all pledges would be reviewed a month ahead of Paris to assess their combined effect on climate change.

"I think it's definitely watered down from what we expected," said Alden Meyer of the Union of Concerned Scientists. The ASSOCIATED PRESS

Nicaragua

18 missing from capsized boat

Rescue crews in Nicaragua say they have found a fishing boat that capsized in the Caribbean last week with 50 people aboard.

Eighteen fishermen who were aboard the lobster boat MN Wayward-Wind remain missing. It overturned about 35 nautical miles (65 kilometres) southeast of Puerto Cabezas. The boat was on a 15-day trip when it was hit by a huge wave Tuesday.

THE ASSOCIATED PRESS

China

Ten miners killed in explosion

Ten Chinese miners were found dead Sunday hours after they were trapped in an explosion at a mine in the northeastern province of Heilongjiang, state media said.

The incident was under investigation, China News Service said. China's mines are the world's deadliest, although a push to boost safety has lowered death tolls in accidents. THE ASSOCIATED PRESS

Quote

"The text went from weak to weaker to weakest and it's very weak indeed."

Sam Smith, chief of climate policy for the environmental group WWF, on the agreement.

British panel wants access to U.S. report

Senate documents.

U.K. hopes to discover how involved the country was in the interrogation of suspects after 9/11

A U.K. parliamentary panel wants access to information not made public in a U.S. Senate report that may pertain to Britain's role in the interrogation and rendition of terror suspects following the Sept. 11, 2001 attacks.

Malcolm Rifkind, chairman of the Intelligence and Security Committee, told the BBC on Sunday that the panel investigating allegations of British involvement in torture would request access to the Senate's findings related to Britain.

Prime Minister David Cameron's office has acknowledged some parts of the report were blacked out for national-security reasons but says none of it related to any alleged British involvement "that would be unlawful in

The request for the material to be omitted from the executive summary published last week was made by British intelligence agencies to the CIA, rather than the government.

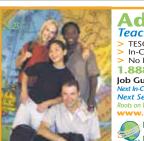
The U.S. Senate Intelligence Committee's report on CIA interrogations exposed years of misrepresentations that seem designed to boost the case for the effectiveness of brutal interrogations. When asked whether he

was hopeful he'd get the information, Rifkind replied, "I do not say I would be confident." THE ASSOCIATED PRESS



Posing for papal selfies

Faithful fans take selfies with Pope Francis during his visit to St. Joseph parish church in Rome on Sunday. During his traditional Sunday window appearance, Francis encouraged people to strive for joy, telling his worldwide flock, "We've never heard of a sad saint." Some 50,000 people came to St. Peter's Square to cheer the pope during the appearance. Among them were many children clutching figurines of baby Jesus for Francis to bless for Christmas crèche scenes at home or SCHOOL GREGORIO BORGIA/THE ASSOCIATED PRESS



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Japanese elections

PM firms up lower house power base

Japan's ruling coalition was headed for a resounding victory in lower-house elections Sunday, firming up Prime Minister Shinzo Abe's hold on power.

Media projections, based on exit polls, showed the ruling Liberal Democratic Party easily retaining its majority in the House of

Representatives.

The Liberal Democrats, a conservative party predominantly in power since the end of the Second World War, appeared to have fallen short of securing a two-thirds majority on their own but may have done so with their coalition partner, the Buddhistbacked Komei party. In early returns, the two parties had already locked up 278 seats in the 475-seat lower house, according to national broadcaster NHK. THE ASSOCIATED PRESS Newtown, Conn.

Community reflects, remembers Sandy **Hook shooting**

The mother of a child killed in the Sandy Hook Elementary School shooting spoke out against gun violence Sunday on the second anniversary of the massacre that left 20 children and six educators dead.

"And just like our hearts

were broken and we can't breathe, the hearts of the mothers in Ferguson, in Bridgeport, in Hartford, in Florida, in New Haven, in Danbury, they can't breathe," said Nelba Marquez-Greene, who lost her daughter, Ana Grace.

No public memorial events are planned in the Newtown community, but town officials said the day should be a time of reflection and remembrance.

THE ASSOCIATED PRESS



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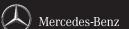
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metr⊕ **BUSINESS** metronews.ca Monday, December 15, 2014

Savings at the pump to boost holiday shopping: Analysts

Savings at the pump may allow many Canadians to shell out more for gifts this holiday season and boost sales for retailers, analysts say, particularly as a weaker loonie prompts fewer shoppers to venture south of the

Oil prices have fallen well over 40 per cent since the summer, leading to a major sell-off of energy stocks, but it has also translated into savings for motorists filling their tanks.

And that's likely to spur lower- to middle-income Canadians to splurge more on Christmas gifts said Mark Satov, president and founder of Satov Consult-

ing. Weakness in the loonie

"When the price of gasoline goes down, customers don't feel the pinch as much, and as a result ... the incidence of those drive-offs goes down significantly."

Alex Scholten, president of the Canadian Convenience Stores Association, saying gas stations are likely to see fewer incidents of customers driving off without paying

will go across the border to

also means fewer Canadians do their holiday shopping,

'When you do a price parity comparison and you go and see what that jacket is selling for in Buffalo, it's getting more and more expensive as the Canadian dollar drops," he said. While all Canadian re-

tailers are likely to benefit from Canadians having more disposable income in their pockets, RBC ana-

lyst Irene Nattel says convenience stores are the front lines of this new spending opportunity," especially those attached to gas stations.

"Savings at the pump are likely to drive the purchase of small indulgences in the short-term," Nattel said in a note to clients.

THE CANADIAN PRESS

Waze. Plan to outsmart popular traffic app falls flat

Los Angeles residents whose homes hug a warren of streets next to the busiest urban freeway in the U.S. were baffled when they saw bumper-to-bumper traffic on their streets a year ago.

When word spread that the explosively popular new smartphone app Waze was sending many of those cars through their neighbourhood in a quest to shave five minutes off a daily rush-hour commute, they were angry and ready to fight back.

They figured they would outsmart the app, some said, by using it to report phoney car crashes and traffic jams on their streets that would keep the shortcut-seekers away.

Los Angeles County has 7.6 million registered vehicles, more than some states. The Interstate 405 Freeway that parallels the unhappy neighbourhoods carries 379,000 cars a day.

Months later, the cars are still there, and the people are still mad.

That's because the app can't be outsmarted, Waze spokeswoman Julie Mossler said.

"With millions of users in L.A., fake, co-ordinated traffic reports can't come to fruition because they'll be negated by the next 10 people that drive down the street passively using Waze," she said.

Besides, Mossler added, "people are inherently good," meaning most wouldn't really screw with the app, no matter what they might say.

Indeed, of all the angry people interviewed for this story, none would admit doing so, although most said heard someone else

Many, however, have been complaining to local of-

"First thing this morning, my field deputy took an earful from a resident up there," said city councilman Tom La-

THE ASSOCIATED PRESS

Schools must do a better job of teaching money basics: Expert

Money, money, money.

Canadian educators need to do more to help our voung learn about balancing their books

Educators across Canada are increasingly seeing the value of teaching kids the basics of money management at a young age, but some experts warn the patchwork of programs being offered in schools can only go so far in helping students avoid major money pitfalls down the line.

School systems in several provinces - including Ontario, Quebec and Saskatchewan - have in recent years added elements of financial literacy to the core classes taught through elementary and high school, while British Columbia more than a decade ago created a mandatory Grade 10 financial life skills

But in order to make those



lessons truly sink in, schools must have a designated financial capability curriculum that's applied across the board, some experts say.

"Unless you have a focused, consistent curriculum designed specifically and implemented across the majority of grades, so it knows where it ended last year and it's going to pick up and add more information it's never going to work," said Gail Vaz-Oxlade, the financial guru behind the TV show Til Debt Do Us Part and author of Money-Smart Kid\$ and other books.

"And the problem we have right now is that by using the word money or using money context for traditional lessons, (school) boards are convincing parents that they're

putting financial literacy into schools — but they're not,' Vaz-Oxlade said.

In Ontario, the focus in the classroom is largely on the math aspect of money management, "but those things are not the issue in terms of how to deal well with money,' she said. "The issue in terms of how to deal well with money are things like you can't spend more money than

A 2012 study by the Investor Education Fund found only 40 per cent of participating Ontario high school students felt somewhat or very prepared to manage their finances after graduation, and roughly a quarter said their schools gave them most or all the financial information they needed.

Sixty-nine per cent said they thought personal finance should be taught in the classroom, according to the study, which was based on an online poll of 400 high school students. THE CANADIAN PRESS

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Low oil prices

OPEC chief calls for oilfield investment

The secretary-general of OPEC on Sunday urged Gulf Arab nations to keep investing in oilfield development despite the plunge in crude prices and gave no indication the

cartel was prepared to shift its strategy to halt the slide.

Oil prices have shed nearly half their value since late June. Prices fell to \$57.81 US a barrel Friday — their lowest level since May of 2009, when the U.S. was still in recession. THE ASSOCIATED PRESS

Bitter battle

Uber exec in legal fight with landlord

An Uber executive who recently suggested launching a million-dollar campaign to investigate journalists critical of the ride-booking company is in a bitter dispute with the

landlord of his rental condo.

The San Francisco Chronicle reported Saturday that Uber senior vicepresident Emil Michael filed a restraining order last year against his landlord, tech industry lawyer John Danforth, accusing him of waging a harassment campaign designed to make Michael move.

A judge tossed out the request in September 2013, calling Michael's court filing borderline frivolous. But the dispute persists according to emails reviewed by the Chronicle. THE ASSOCIATED PRESS

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metronews.ca Monday, December 15, 2014 metr⊕

VOICES

WHAT THE PEOPLE WANT?

Who knew that Edmontonians were so invested in library facades and sports tourneys?



When questioned about the need for a 5.7 per cent tax increase for 2015, one of our municipal morons is reported to have said, "I can defend the budget because we're paying for what the people asked for."

That particular councillor must have had some very interesting conversations with Tommy and Theresa taxpayer.

I imagine they went something like

Councillor: So, do you want us to cut basic services like snow clearing, policing and road

repair or to increase your taxes yet again?

Taxpayer: Good gracious, no. Those are the things I really want you to spend money on. And by the way, being asked that question every time you are creating a new budget never gets old. It gives me a comforting sense of continuity.

Councillor: OK then. Is there anything else you want us to spend money on?

Taxpayer: Well, I would really like you to spend \$8 million on bike lanes. That's an issue that has been keeping my friends and me awake at night.

Councillor: OK, \$8 million it is. Anything else we should put money toward?

Taxpayer: I think it would be well worth-

while to commit to spending \$61.5 million to put a new facade on the Stanley A. Milner Library. That's also a pressing issue for me and everyone I know. If we don't spend that amount of money, the city is going to go to hell in a handbasket.

Councillor: Is that it, then?

Taxpayer: Not quite. I am a big sports fan so I want you to spend another \$1.2 million on the 2015 international triathlon series. I think that's far more important than fixing the cracked sidewalks in front of my house. Who cares about sidewalks if we can host something like the international triathlon?

Councillor: Anything else?

Taxpayer: For sure. I want you to spend

\$250,000 to help fund Nuit Blanche Edmonton. I have no idea what that is, but I like the name and that alone is worth a quarter of a million dollars of taxpayer money.

Councillor: Anything else you want to

Taxpayer: Keep on spending money on going after the Commonwealth Games. All us taxpayers want you to keep doing that no matter how bad the economy gets. After all, it's only money. Spending millions of dollars to attract an event that few people are actually interested in seems like a good investment to me

Councillor: Will do. Nice talking with

Your Edmonton



Golden sunrise

Photo submitted by reader Maluda H.

Jasper Avenue, by the Shaw building, is seen Monday in the early morning light.

snaps of your city to readers@metronews.ca

Upcoming

War exhibit takes flight

At one time, Edmonton was home to the No. 2 Air Observers School, the No. 16 elementary flight training school and other key military training units during the Second World War as part of the British Commonwealth Air Training

This Wednesday, the 75th anniversary celebration of the BCATP will take place at the Alberta Aviation Museum, with a special commemorative exhibit celebrating Edmonton's contributions to the war effort.

More than 130,000 of 500,000 personnel were trained at the 200 bases across Canada. Aircrew trainees from 15 different Commonwealth countries participated in training.

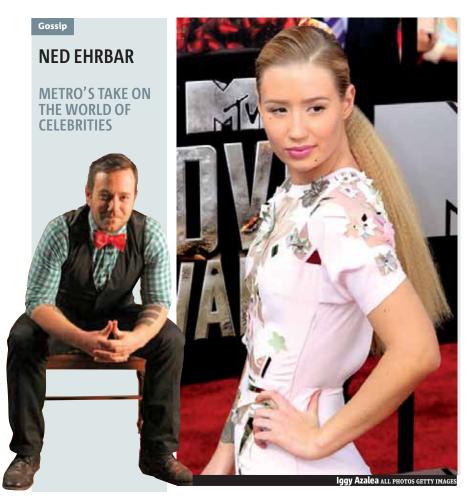
The exhibit, unveiled Wednesday at 10 a.m., will be comprised of aircraft, artifacts, video presentations and interactive displays.

METRO



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metronews.ca Monday, December 15, 2014 **GOSSIP**



Even if Iggy were born a man, he would never be called Cody

Some stars just ignore all the weird rumours that go around about them, and some offer firm but boilerplate denials.

But, every once in a great while, some find just the right way to brush off the gossip while coming off as awesome in the process.

Case in point? Iggy Azalea actually deigned to respond to bizarre rumors that she wasn't always a girl named Iggy.

"Wait, so I'm just now reading that I was born a man and my name is Cody?" she posted to Twit-

She followed that up with, "I just don't see myself as a Cody. I'm more of a Liam, if I had a penis."

You win this round of the Internet game, Ms. Azalea.

Oh, and she was understandably worried about how these new revelations would affect her career.

"Am I still gonna get my Billboard women in music award tomorrow, now that I supposedly have a penis or nah," she tweeted.

Panettiere 'over the moon' that she is no longer the shortest in her family

Nashville star Hayden Panettiere has a baby girl, just in time for Christmas.

The pint-sized actress gave birth to daughter Kaya Evdokia Klitschko last week, her first child with much taller fiancé Wladimir Klitschko, her rep confirms to People magazine.

"We are over the moon and madly in love," the new parents say in a state-

The couple announced their engagement in October. No word yet on whether baby Kaya will take after the taller or the shorter side of the family.



The Queen's garden adds magic to her majesty

During The Queen's Garden, a TV special set to air in the U.K. at Christmas, horticulturist Alan Titschmarsh apparently stumbled upon some magic mushrooms in the gardens of Buckingham

"It's eaten in some cultures for its hallucinogenic effects, but it also makes people who eat it very sick," an ecology professor explains to Titschmarsh, according to the Telegraph. "The old-fashioned thing to do was to feed it to the village idiot, then drink his urine, because you get all of the high without any of the sickness.'

Well, then!

But don't get too excited about any Royal Family vision quests just yet. A Palace spokesman was quick to tell the Sun that "fungi from the garden are not used in the Palace kitchen."

Queen Elizabeth

But man, if they were? That could really liven up the Queen's Christmas Day address. Oh well. Instead, maybe some commoners can sneak in, chow down on the mushrooms and have a great time saying Titschmarsh's







Jack White releases new 3D virtual reality app

Tech. Musician's fans will be treated to a 360-degree, 3D live performance

Jack White, the former White Stripes frontman, is the latest rock star to embrace the immersive musical possibilities of sliding a smartphone into a VR headset.

White's app, called Jack White: Third-D, is designed to work with Google's do-it-yourself VR headset, Project Cardboard. Sliding any Android headset with a 5-inch or greater display into the headset will treat the wearer to a 360-degree stereoscopic 3D live performance of a number of White's latest tracks. AFP

Other artists

Jaunt, the company behind White's app, has also produced an app for Paul McCartney, which offers users a similarly immersive take on a recent live performance of Live and Let Die complete with pyrotechnics.

Download this! Metro gives you its weekly picks for the best in gaming, apps and ebooks



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book

Frozen: The Cinestory

By. Robert Simpson, Erik Burnham, & Josh Elder

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• • • •

Fans have long been using movie screengrabs to tell their own stories on Tumblr. Here, Disney adopts the practice to transform Frozen into a beautiful graphic novel, adding a bit of magic with a window that highlights each panel as you read. You'll have to add your own music, sadly, but it truly does feels like you're reading the movie.

Арр

Ideas for Elves

≡ Sexul Elf Ideas



iPhone/iPad

This Elf on the Shelf holiday countdown app offers daily activities such as crafting marshmallow igloos, candy campfires, and pom-pom snowballs. They're for the elf toy, but that's merely optional.

Video game

Name. Dragon Age Inquisition

For. PS3/PS4/Xbox 360/ Xbox One/PC

Rated. Mature 17+

. . . .

Managing an adventure isn't as exciting as being the hero of one. As your party quests across dangerous lands, you must also direct an army by recruiting agents, establishing camps, and claiming new territories. Nothing kills the romance of a quest faster than administrative duties and this land of dungeons and dragons has many. Your attention can only drift away.

Consumers bugged by careless video-game makers

Issue. Tight timelines for releases of highly anticipated titles mean that consumers are having to deal with glitches in their games

The video game industry is raking in record profits, but many developers are facing criticism as recent big-budget releases have been rushed to market with technical problems.

Ubisoft CEO Yannis Mallat issued a mea culpa earlier this month for the November release of Assassin's Creed Unity, acknowledging that the overall quality of the game "was diminished by bugs and unexpected technical issues. I want to sincerely apologize on behalf of Ubisoff and the entire Assassin's Creed team," read Mallat's statement. "These problems took away

from your enjoyment of the game, and kept many of you from experiencing the game at its fullest potential."

The company — which has development offices in Toronto and Montreal that employ more than 2,000 people — intends to offer free downloadable content or a free game for those who bought the product before it was patched with a software update. "I think it's admirable, but no doubt a blemish on what should be their

flagship product of the year. But they're certainly not alone in shipping a game that's not finished," says Marc Saltzman, a Toronto-based syndicated video game critic. Aaryn Flynn, general manager of Bioware Canada, says Ubisoft's apology is a step in the right direction for developers. "We all have to take responsibility for where our games are and fan reaction good or bad, so I think it's a good thing to do," he said, adding that the recent release of

Dragon Age: Inquisition needed to be patched on release day for technical issues. "But the complexity and the fidelity and the level of work that goes into these games is the highest it's ever been — it's sky-high."

Saltzman notes a disturbing "ship now, fix later" trend, where developers are taking advantage of customers' Internet bandwidth to repair a game after it's already been released.

American video game industry consultant and author Scott Steinberg says the Ubisoft decision to publicly apologize was "very rare" for any company, and believes the move will set a precedent. "I think you probably will see more and more companies, if errors of this magnitude are encountered, being called upon to address the issue," he said. "But even if you can throw an army of people at trying to stamp out these bugs ... things are still going to slip through."

THE CANADIAN PRESS





How to rise from the debt

Your money. Figure out if you're carrying too much debt and what to do about it if you are



GAIL VAZ-OXLADE Gail blogs daily at gailvazoxlade.com

Our tolerance for debt has gone way, way up. Some folks believe everyone's got some debt. Hey, if you have a mortgage that's manageable, I've got no beef with you.

But if you're carrying even a penny in consumer debt — balances on your credit card or line of credit, overdraft, buy-now-pay-later loans — it is too much debt.

That being said, I know that there are folks who are trying to get rid of their debt.

If you're spending up to 15 per cent of your income for debt repayment (not including your car payments and your mortgage), you're on your way to debt freedom.

To calculate what percentage of your income you're spending on debt repayment, add up your monthly debt repayment amounts (not including car payments and mortgage), divide that by your monthly take-home pay, and multiply it by 100.

If you're spending \$670 a month paying off your credit cards, student loans, line of credit, furniture loan, or whatever else, and you make \$3,100 net a month, your calculation would look like this: 670 / 3100 x 100 = 21.6%

If you're spending 15 per cent or less of your monthly income paying off your debt then you're probably OK from a cash-flow perspective. If you're spending more than that, uh-oh!

The words "paying off" are important. If you're spending 15 per cent or more of your income just meeting your minimum monthly payments you're gonna be in debt for a long, long, long, long time and you're going



to pay gobs of interest.

Have you looked at the line at the bottom of your credit card statement that says, "If you make only the minimum payment each month (on your \$6,369.36 balance), we estimate it will take 55 years and 10 months to fully repay the outstanding balance."

Cripes! (Taken directly off my credit card statement that I paid in full immediately!)

If you have a \$3,000 balance on a credit card charging 14.98 per cent interest, and pay a two per cent minimum every month, it will take 26 years to pay off your balance and cost you a total of \$7,440 in interest. Seriously, that

stuff you bought on sale just cost you three times as much as you planned!

Here are 5 more signs you may be in over your head:

- 1. If you find that you seem to have less and less money for things like food.
- 2. If you keep dipping into your savings, keep trying to refinance, or have to take a payday advance loan.
- 3. If you keep hitting the ceiling on your credit cards. As you pay your balance, do a balance transfer to reduce your costs, or refinance in some

other way, you're right back to the limit on your credit in no time flat.

4. If you can't find two red cents to put into an emergency fund. No emergency fund means that the first time trouble rears its ugly head, you'll be right back to using credit to fill your financial gap.

5. If you can't sleep at night — if you toss and turn or awake in a cold sweat — you're in trouble.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

Why are you doing this?

- 1 Admit you have a problem. Say it out loud right now: "I have a problem with my debt." If you aren't prepared to admit you're in trouble, no one can help you. If you want things to change, start by saying, "I have a problem with my debt."
- 2 Write down every penny you spend. Whether you spend \$1.25 for coffee or \$600 on a fabulous new pair of shoes, write it down. This is how you become accountable for forfeiting your future in the name of an immediate pleasure. When you look over your list at night yes, you have to look over the list every night ask yourself why you're really buying. Did you get a rush? How are you feeling now?
- 3 Switch from credit to cash. It is way easier to charge something than it is to fork over cold, hard cash.
- 4 Commit to paying off your debt. Grab a calculator and figure out how much it will take each month to be out of debt by a specific date. Then allocate the majority of the money to paying off your most expensive debt first while you make minimum payments on the other debts. Once your first debt is paid off, reallocate that money to your next most expensive debt. Keep going till vou're out of the hole.
- 5 If you must find a way to make more money to get out of debt, so be it. You played and now it's time to pay. More work may be what it takes. The upside: You'll be so busy earning, you'll have very little time or energy left to spend.

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metronews.ca Monday, December 15, 2014 metr⊕ **MONEY 101**

Money 101. Two couples, one year to make them richer

An \$86,000 money makeover



I ran an experiment through 2014 to see how I could improve the financial wealth of two Canadian couples in 12 months. By helping each couple focus on building their net worth, collectively they improved their bottom line by \$86,000. There weren't any lottery tickets or magic wands involved in this financial transformation. Rather, the couples set ambitious, yet realistic, financial goals, and were held accountable for their actions, learning to navigate the financial ropes of homebuying, family planning, investing and debt reduction. You can do it, too. – Lesley-Anne Scorgie





Through their detailed approach to budgeting, discipline, and savvy investment choices, Anne-Marie and Peter improved their net worth by \$49,000 in 12 months. Their net worth in January was \$66,000, and is now \$115,000.

2014 goals

When I first met Anne-Marie and Peter in January, they shared their ambitious financial goals for the year: Become debt-free; start an RESP for their daughter; and save for a down payment for a home.

We focused on debt reduction tactics such as negotiating interest rates on debt, squeezing more out of their budget through living frugally, earning money through raises and promotions, and pumping up their RRSP savings so they can eventually use these funds to purchase their first home through the RRSP Home Buyers' Plan. This tax-advantaged program allows first-time homebuyers to borrow money through their RRSP to put towards a down payment.

Accomplishments

Not only did the couple

Anne-Marie and Peter recap

- · Location: Toronto
- Ages: 37 and 33
- Occupations: Broadcasting and sports editing
- Total household income: \$120,000
- · Life stage: First child

arrived in May

- Financial savvy: Medium to high — they use budgets, have retirement savings, and are committed to paying off debt
- Rent or own: Rent
- Net worth: \$115,000

knock their goals out of the park, they also took care of other important financial business, including: Setting up a will; purchasing life insurance; learning the basics about savvy investing; securing a \$10,000 raise for Peter; and creating a five-year financial plan.

When Anne-Marie and Peter crossed the threshold of \$100,000 in net worth, they celebrated their success with an affordable and incredible trip to Ireland.

Greatest challenges for 2015

The largest barriers Anne-Marie and Peter face in 2015 are rising home prices in Toronto, the high costs of child care, and an uncertain stock market that could affect the value of their investments.

- **Top two tips going forward** Tip 1 Anne-Marie and Peter should purchase their home ASAP because their rent is inching close to \$2,000 per month.
- Tip 2 Get over the financial fears of having a second child. Through increased income, budgeting in advance and by building equity in a home, affording a second child is possible.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Though their income was tight, and list of financial priorities long, Carolina and Jose pulled themselves out of the red this year and improved their net worth by \$37,000. At the beginning of the year, the couple's net worth was -\$33,700, but increased to

\$3,300. **2014** goals

In January, Carolina and Jose expressed their desire to own a home — a place to call their own. They also wanted to make a dent in their debt and save for a trip to Vancouver.

To help achieve their goals, we developed a plan to secure a 10 per cent down payment for a home through an early inheritance from Jose's parents.

We also focused on simple, but effective budgeting, debt reduction and saving skills. Though the couple hasn't taken their vacation to the West Coast, they plan to next year.

Accomplishments

The first major accomplishment for Carolina and Jose was overcoming their mental hurdle of having a lower in-

Carolina and Jose recap

- · Location: Calgary
- Ages: 33 and 32
- Occupations: Stay-at-home mom and roofing
- Total household income: \$65,000
- · Life stage: Three daughters.
- aged five, three and one
- Financial savvy: Medium they have established a budget, purchased a home, are frugal, and have no retirement savings
- · Rent or own: Own
- Net worth: \$3,300

come. Once they shifted their thinking from not having enough to stretching what they have, they took massive strides toward improving their net worth.

In 2014, they purchased a \$250,000 home, weaned themselves off of student loan repayment assistance, secured a promotion and salary increase of \$10,000 for Jose, saved \$3,600 towards an emergency fund, bought life insurance, established a will, and created a five-year financial plan.

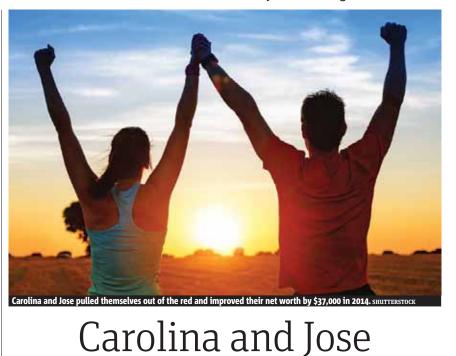
Greatest challenges for 2015

Carolina and Jose must decide

when, and if, to increase their income. As a single-income household, their financial choices are limited and they can't afford to save for their future, let alone that of their

Top two tips going forward

- Tip 1 Carolina should secure a part-time job to bolster the couple's income, allowing them to start saving for retirement.
- Tip 2 Pay off their debts. LESLEY-ANNE SCORGIE IS A FINANCIAL COACH, FOUNDER OF MEVEST, A FINAN-CIAL COACHING FIRM, AND BESTSELLING AUTHOR OF WELL-HEELED AND RICH BY THIRTY. FOLLOW @LESLEYSCORGIE AND #METROMONEYCOUPLES.



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Mini loaf makes a yummy appetizer

Mini Cheese and Prosciutto Meat Loaf. If you're tired of Sunday night meat loaf, you have to try these unique miniature muffincup meat loaves topped with crispy prosciutto and cheddar cheese



ROSE REISMAN For more, visit rosereisman.com or follow her on twitter

I enjoy serving these because they cook in just a few minutes and can be the main meal or an appetizer.

Be sure to use lean ground beef to reduce the calories and fat.

Only 5 per cent of lean ground beef is from fat, whereas 20 per cent fat is in regular ground. A big difference if you're consuming ground beef on a regular basis.

If you're on the hunt for a homemade holiday appetizer, you've got to give these a try.

Directions

1. Preheat the oven to 375°F. Spray a 12-inch muffin tin with vegetable oil.



2. Combine the ground beef, eggs, barbecue sauce,

dry bread crumbs, diced green onions, garlic, basil

and salt and pepper in a bowl.

3. Pat evenly into muffin tin. Add diced prosciutto

FLASH FOOD



From your fridge to your table in 30 minutes or less

Ingredients

- Vegetable oil
- 1 1/2 lb lean ground beef
- 2 eggs
- 1/2 cup barbecue sauce (or ketchup)
- 1/2 cup seasoned dry bread crumbs
- 1/4 cup finely diced green onions
- 2 tsp crushed garlic
- 1 tsp dried basil leaves
- Pinch of salt and pepper
- 1 1/2 oz diced prosciutto
- 1/4 cup shredded cheddar cheese (1 oz)

over top.

- **4.** Bake for approximately 20 minutes or just until temperature reaches 160 F.
- **5.** Divide the shredded cheddar cheese over top and bake another two minutes or just until cheese melts.



When a co-worker can't keep it down



Career. They're bold, brash and they're busting through the silence. What can you do about the blabber?

LAKSHMI GANDHI

The average workday is filled with distractions — whether it is because of last-minute email requests, meetings that run longer then planned or having to deal with inexplicable computer problems.

But perhaps there is nothing more distracting than talkative co-workers — people who either constantly try to engage you in conversation or whose voices you can't help hearing from the next cubicle over. Instead of spending your days being frustrated, Jeff Michaels, the author of the new book Please Hug Me - I'm an Office Mon-

key, offers an alternative.
"I've been stuck in offices where the environment can suck your soul, but it doesn't have to if you don't want it to," Michaels explains.

We asked him for his suggestions on how to make working in loud, crowded offices more pleasant.

Have a friendly conversation

'The first thing I would do is literally ask them if they know they are annoying people," says Michaels.

Michaels says it's always best to have a direct conversation before going higher up the ladder to your manager or Human Resources about the issue.

"Realistically, they might not even be aware that there is a problem."

Set some boundaries

And we mean that literally. Do you work by the office water cooler or conference room? It can be annoying to have to stop and chit-chat with everyone who comes by. "You can get a couple of plants and literally build your own barrier," Michaels suggests. "Or maybe get a little tiny sign that says 'Silence is Golden' or something more comical."

Invest in headphones

Michaels is a big proponent of noise-cancelling headphones. "Splurge a bit for that pair of \$100 Bose headphones." There are also apps and CDs that solely consist of white noise and stressreducing music that you can play throughout the day.

Utilize the conference room

Do you have to be at your desk or are there breakout areas you can temporarily take over? "Now with laptops and Wi-Fi, it's more possible to literally move around," says Michaels. It's OK to disappear for a bit.

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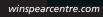
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Be the star of your office holiday party

Career. An etiquette expert explains why the holiday party is the biggest networking opportunity of the year

LAKSHMI GANDHI

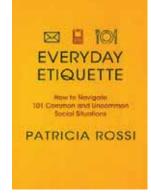
Metro in New York City

It seems everyone has a horror story about their workplace's annual Christmas party — you don't have to look far to find tales of drunken bosses, inappropriate jokes or regrettable flirtations.

But one expert notes that it's also important not to let those stories distract from the fact that the annual winter gathering is also the perfect time to put your best foot forward in terms of your career.

"It's really one of the most important business days of your year," says Patricia Rossi, an etiquette coach and author of Everyday Etiquette: How to Navigate 101 Common and Uncommon Social Situations.

"It's the one time of the year you can get to someone higher up in the company that you can't get to nor-



mally."

Rossi shares these tips on how junior employees can work the room and shine during a holiday party.

Put on a smile and attend the function

"The first thing that you have to do is go," says Rossi.

"The company has invested in it in terms of both time and money in organizing it."

And this isn't the occasion to be fashionably late or to just stop by for a few minutes, either.

"Arrive on time but don't be the last to leave," Rossi ad-

Don't just talk to your office buddies

"You want to move about the cabin — don't latch onto one person and talk to them all night," says Rossi. For the introverts out there, Rossi says it's also important to remember that almost everyone feels awkward when it comes to holiday parties.

"I was reading something that said something like 90 per cent of people don't know what to say at parties, so you know what? They probably are waiting for someone to talk to them."

Have some conversation topics in your pocket

Because it can be intimidating to saddle up to your company CEO or other high-ranking execs, most employees shy away from doing so.

Rossi says this is a mistake and that with some prep, you'll be able to chat with anyone.

"Have two or three interesting things to talk about," she advises. "If your company VP is a big donor to the Met, that means you know they like art."

Say thank you afterward

Just like any other social event that takes lots of time and planning, it's a good idea to express gratitude after attending.

"Always send a thank-you note to the organizer of the party," says Rossi. "They put it together so that people could have fun and relax."

Always talk to the spouses

 "Your manager is probably going to be bringing a spouse," notes Rossi. "And the spouse is always nervous about attending these things. But if you talk to them and are engaging, on the ride home she or he will say, 'Oh, I met your employee and they were so lovely, so nice.'"

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NBA

Kobe rises above Jordan on points list

Kobe Bryant has reached rarefied air.

The Los Angeles Lakers star passed Michael Jordan for third on the NBA's career scoring list Sunday night.

Bryant entered the game against the Minnesota Timberwolves needing nine points to pass the icon with whom he is often compared. He got the mark with two free throws with 5:24 to play in the second quarter.

Now only Kareem Abdul-Jabbar and Karl Malone have scored more points than Bryant.

It took Bryant 1,269 games to reach third on the NBA's career scoring podium. Jordan amassed his 32,292 points in 1,039 regular-season games.

THE ASSOCIATED PRESS

Woe, Johnny



"I need to be better. It's tough to come out

there and lay an egg like that and I put that on me. I'm not using the rookie excuse; it's not me. I needed to play better."

Cleveland quarterback Johnny Manziel who couldn't live up to the enormous hype surrounding his first NFL start as the Cincinnati Bengals rolled to a 30-0 win Sunday over the Browns, who were eliminated from the AFC North race and will likely miss the playoffs for the 12th straight year.

Bills' action stars rough up Rodgers

NFL. Super Mario and Rambo slow prolific Packer offence to a crawl

The Buffalo Bills' defence has a dynamic duo: "Super Mario" and a newcomer named Rambo.

Credit them for helping rattle Aaron Rodgers and the Green Bay Packers (10-4).

Bacarri Rambo came off the bench to replace injured backup safety Duke Williams to intercept Rodgers on consecutive drives in the second half. And veteran end Mario Williams put the finishing touches on a 21-13 victory Sunday by forcing Rodgers to fumble into the end zone for a safety with 1:51 left.

"It's a testament to what we do," defensive tackle Kyle Williams said, assessing how a dominating defensive effort contributed to keeping the Bills (8-6) in a jumbled playoff picture. "We've played against great quarterbacks, so the only expectation that we had was to play well and win a football game."

Marcus Thigpen scored on a 75-yard punt return, while Dan Carpenter hit all four field-goal attempts, including three in the second half.

The Bills are assured their first eight-win season since going 9-7 in 2004.

A week after ending Peyton Manning's consecutive game touchdown streak at 51 in a 24-17 loss at Denver, the Bills came away with a win by putting the clamps on one of the NFI's most prolific offences.



Green Bay Packers quarterback Aaron Rodgers reacts after Jordy Nelson dropped a pass in the second half of Sunday's game in Buffalo. The Packers had a five-game win streak snapped and squandered an opportunity to get closer to their sixth consecutive playoff berth. Scan the image with your Metro News app for more scores from around the NFL on Sunday. JAN CRYSLER/FOR METRO

On Sunday



13

"I wouldn't say statement

said. "We went up against

a Hall-of-Famer last week.

safety Aaron Williams

this week?"

The defence made up for a sputtering Kyle Orton-led of-fence, which was limited to 253 yards and 13 first downs. Orton finished 14 of 27 for 158 yards and an interception.

"It was frustrating," said Rodgers. "Some days are going to be like this. We set the standard pretty high, and we like to live up to it every week."

Rodgers went 17 of 42 for 185 yards, with two interceptions. He had been picked off just three times this season,

and none since throwing two in Green Bay's last loss, 44-23 at New Orleans on Oct. 26.

It wasn't all on Rodgers, either, as he had little support from his receivers. That includes the usually reliable Jordy Nelson, who had a key drop late in the third quarter.

From his 6, Rodgers found Nelson wide open running up the right side. The pass hit Nelson in stride, but the ball glanced off the receiver's fin-

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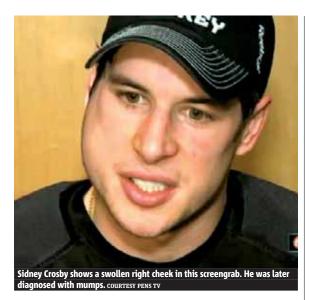
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Fifth team. Sid the Kid the latest NHL case of mumps

Add Pittsburgh Penguins star Sidney Crosby to the growing list of NHL players dealing with the mumps.

The Penguins announced the diagnosis Sunday after holding the two-time MVP out of games over the weekend as a precaution when swelling developed on the right side of Crosby's face; swelling the team believed

was related to a salivary gland injury Crosby sustained in a game against Carolina on Nov. 29.

The NHL is dealing with a widespread outbreak of the virus, with players from Anaheim, Minnesota, the New York Rangers and the New Jersey Devils among those affected.

THE ASSOCIATED PRESS

Johnny Football fail

Bengals shred Manziel to pieces

Woe, Johnny, woe.
Johnny Manziel spent
his first NFL start being
chased and taunted by
Cincinnati defenders as
the Bengals rudely welcomed the hyped rookie
quarterback to the league
with a 30-0 demolition of
the Cleveland Browns on
Sunday.

THE ASSOCIATED PRESS

Speedskating

Hamelin takes gold at World Cup

Charles Hamelin won gold in the men's 1,000 metres at a short-track speedskating World Cup, in a six-medal Sunday for Canada, which took bronze with Marianne St-Gelais (women's 1,000 metres), William Preudhomme and Kasandra Bradette (men's and women's 500) as well as both relay teams.

THE CANADIAN PRESS

Leafs come out on top of see-saw battle

NHL. Buds keep hot streak intact despite blowing two-goal lead to Stanley Cup champions

James Reimer stopped all three shooters to give the Toronto Maple Leafs a 4-3 shootout win over the Los Angeles Kings on Sunday.

Joffrey Lupul scored the lone goal for Toronto in the shootout. Tyler Bozak and Mike Santorelli missed.

Marian Gaborik, Dustin Brown and Anze Kopitar all missed for Los Angeles.

Los Angeles rallied from a 2-0 deficit and led 3-2 in the third before the Leafs forced overtime.

Toronto has won five straight and gone 9-1-1 since a 9-2 humiliation at the hands of the visiting Nashville Predators on Nov. 18. The Leafs also improved to 13-0-0 when scoring the first goal.

It was a game that took a while to reach a boil, but the third period was fast-paced and entertaining. The Kings outshot the Leafs 33-30 in regulation.

Santorelli, Cody Franson and James van Riemsdyk scored for the Leafs before an Air Canada Centre crowd of 19,219 on a rare 5 p.m. Sunday start

Justin Williams, Dwight King and Gaborik scored for the defending Stanley Cup champion Kings.

Jonathan Quick had to be sharp in the Kings goal after

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Maple Leafs forward James van Riemsdyk celebrates after scoring on Los Angeles Kings goalie Jonathan Quick during the third period of Sunday's game at Air Canada Centre. NATHAN DENETTE/THE CANADIAN PRESS

On Sunday

4

Maple Leafs

Kings

Jake Muzzin was called for hooking with 5:05 remaining as he impeded Nazem Kadri from behind on a breakaway.

The second period has belonged to the Leafs this season with a league-high 41 goals. But things went south this time in the second when the Kings pulled even at 2-2 with a pair of goals in three minutes 44 seconds as the Toronto defence wobbled late in the period.

Williams cut the lead to 2-1 with his eighth goal at 16:02. The King winger beat Jake Gardiner on a rush, helped somewhat by a lucky bounce, and swept the puck in past Reimer. King then tied it up at 19:46, twisting Cody Franson inside out en route to the goal from the corner before neatly depositing the puck past Reimer, who thought he had it.

Toronto, which led 2-0 after

20 minutes, was outshot 11-6 in the second period.

The Kings pulled ahead 1:02 into the third when Gaborik, taking a slick pass from Williams, beat Reimer on the second try after the goalie stopped the first shot. It was Gaborik's fifth of the season.

The Leafs answered on the power play with van Riemsdyk redirecting a Franson pass past Quick at 6:49 for his 13th goal, making it 3-3.

Former Kings goalie Jonathan Bernier got the night off after helping the Leafs to a 4-1 win over visiting Detroit on Saturday. THE CANADIAN PRESS



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PLAY

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

↑ Aries

March 21 - April 20

You will need to be ruthless with yourself this week, especially on the work front where you are clearly doing too much.

Taurus April 21 - May 21

You won't find it difficult to get your own way today but don't go too far and give others the impression you think you are better than

II Gemini

May 22 - June 21

You may be fired up with enthusiasm for a new plan or project but not everyone is convinced. Does that matter?

9 Cancer

June 22 - July 23

You need to face up to your problems and let certain people know that you will no longer be their whipping boy.

$\mathbf{\Omega}$ Leo

July 24 - Aug. 23

If someone annoys you over the next two or three days, they are sure to regret it. You are in no mood to turn the other cheek. Watch out world!

W Virgo Aug. 24 - Sept. 23

You seem to be in one of those moods when you are interested only in extremes. You will either do something very good or very bad today – there is no middle ground. Either way you will have fun.

△ Libra

Sept. 24 - Oct. 23

You will be in a confident mood today but you might try something you know is forbidden. In the long-term, you will certainly regret it.

III Scorpio

Oct. 24 - Nov. 22

Let everyone know what you expect of them today. Some may grumble and say you are exceeding your powers, but rather that than have them think you are weak.

7¹ Sagittarius Nov. 23 - Dec. 21

Treat others as equals or they will make life difficult for you. And never take your nearest and dearest for granted.

17 Capricorn

Dec. 22 - Jan. 20

Try not to come on too strong today or you could push away people who should be your friends and allies.

Aquarius

Jan. 21 - Feb. 19

You are determined to finish that long list of chores. And that's good because the next few days are potentially some of your most creative of the

H Pisces

Feb. 20 - March 20

A rival will throw down a challenge today and if you are smart you will pick it up and throw it right back at them. Most likely they will be so surprised that they immediately back off.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Knowledge of words, for short 6. Director Hal

11. 100 cents [abbr.] 14. "...the bombs

bursting ...": 2 wds. 15. Chirp

16. Romance 17. Opera tune:

"Nessun 18. Song by Canadian

singer Mac DeMarco; or, Shakespearean times of youth: 2 wds. 20. Painter's display:

2 wds. 22. Loonies

23. Dallas, of passage 24.

26. MuchMusic fare 30. __-_ (Public event, '60s-style)

for Camrose 35. Christina Aguilera's "___ to You" 36. Group speaking

on behalf of cartoon characters: 2 wds. 38. Kennel noises

39. Sprite 40. Sonny (Montreal-based artist) 41. One of a popular

candy: 2 wds. 43. Sigmund's surname

44. Heidi Montag's hubby ...his initialssharers

45. Grannies: German 46. Like ceramics material 47. Plummet

49. Litigate 50. End in __ (Draw): 2 wds.

52. Works by Cheticamp, NS artist Elizabeth LeFort (b.1914 - d.2005): 2 wds.

59. Folklore 61. Birthplace of Columbus Down 62. Grampus

15

18

30

63. Take in once more 64. Toronto __ Centre -i-Noor Dia-65. mond

66. 'Disk' suffixes 67. Pilotless aircraft practice run, briefly

1. Ricky Martin's

"Livin' La Loca" 2. __about (Circa): 2 wds.

43

61

84

3. Wagon 4. I like = J'

5. Songstress Toni 6. When TV news airs: 2 wds. 7. Cotton

8. Prefix to 'copter' 9. Princess Eugenie's sister

33

10. Financial rpt.'s 'until now'

11. Toronto Raptors head coach: 2 wds.

12. Ravel's "Ma Mere " (Mother Goose) 13. "Friends" friend

19. Polka's pal

21. Guys 25. 'Benedict' suffix

26. Lab containers 27. "Let ___!" (start) 28. Manitoba: Nickname of the Red River

Floodway: 2 wds. 29. Gaelic

30. Cardboard con-

tainers

31. The Queen's cypher: letter + Roman

Numeral + letter 33. Matter

34. Cram 36. " Las Vegas" (1964)

37. Fashion model

Ms. Delevingne 39. Brochure

42. The __ (Sault Ste. Marie's nickname)

43. Full-__ (Established/qualified) 46. Theatrical tip

48. Showbiz Clue#1 49. Terrier types

50. "Star Trek" episode, __ Time 51. Newbie

53. Flemish painter, Jacob van __ the

Elder 54. S-shaped moulding

55. Raise

56. Poet's preposition 57. Continue: 2 wds.

58. Rational

60. Mining extract

Friday's Crossword

59

62

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See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

42

63

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

4	9	5	7	2	1	8	6	3
1	2	3	8	6	5	7	9	4
8	6	7	4	3	9	1	5	2
7	5	1	3	4	6	9	2	8
2	3	4	9	1	8	5	7	6
6	8	9	5	7	2	3	4	1
5	4	2	1	9	3	6	8	7
9	1	6	2	8	7	4	3	5
3	7	8	6	5	4	2	1	9

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				1	7		8	

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